



Presented by:
Certified Yoga Therapist
Tracy Flynn (C-IAYT)

Friday, March 22

7:30PM – 9:00PM

**\$35 per person
(\$40 door)**

yoga therapy

for
stress &
anxiety



There are so many effective strategies from the yoga tradition for managing stress and reducing the symptoms of anxiety. In this session we will primarily focus on activating the parasympathetic response with simple breath strategies, coordinating breath and movement and relaxation techniques. You may want to bring a notebook and a pen for some guided self reflections and for noting practices you might want to do at home.

There are no prerequisites for attending this workshop and all Yoga experience levels are welcome, including beginners.

Yoga Instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop.

Pre-register:

<https://www.updogyoga.com/workshops/rochester-workshops>

As a Yoga Therapist, Tracy helps people manage their stress and reduce the frequency and symptoms of their anxiety. She also helps people improve wellness by reducing structural imbalances and managing chronic illnesses. She provides individual Yoga Therapy sessions at UpDog Yoga and is the Yoga Therapist on staff at Doctors for Kids in Rochester Hills.



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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